

Casemate

Spotlight Event

Sunrise Service

The Fort Monroe Sunrise Service, starting at 6:30 a.m., Sunday, will feature Chaplain (Col.) Richard Garrison.

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Vol. 28, No. 8

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What's Inside



Childish Behavior

Parades, puppets and sports highlight Fort Monroe's Month of the Military Child observance.

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Tomorrow's Leaders

The Casemate takes you on an ROTC journey with the "Monarch Battalion."

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Star Power

The scoreboard was smokin' during the latest ball-diamond battle between the NCOs and officers.

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Community Notice

USACC celebrates 20th Anniversary

U.S. Army Cadet Command, the parent organization of Army ROTC, has scheduled a 20th anniversary celebration for 10 a.m., April 28 at Continental Park. The event will feature an exhibition by the Golden Knights Parachute Team and music by the U.S. Army TRADOC Band. Cadets representing college and high school levels of ROTC will be among the participants. The event is free and open to the public.



Photo by Patrick Buffett

Fort Monroe Soldiers begin the Army Physical Fitness Test two-mile-run Tuesday near Continental Park. The APFT is being conducted by Headquarters Company throughout the month. Testing is scheduled every Tuesday and Thursday starting at 6:30 a.m. in the Community Activities Center. A Saturday test is also planned for April 29. All assigned Soldiers, to include HHC and TRADOC, are required by Army regulation to take the test. Weigh-ins must also be completed within 72 hours of the APFT. For more information, call 788-4114.

Weight program experiment includes Fort Monroe Soldiers

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Several proposed changes to the current Army Weight Control Program are now being tested by six stateside units, to include Headquarters Company, Fort Monroe.

The results of the evaluation could lead to a permanent revision of the Army regulation that governs weight standards among Soldiers. One of the anticipated benefits of that revision, according to TRADOC Command Surgeon Col. James G. Jolissaint, is fewer Soldiers being cut from the ranks due to "borderline" weight problems.

"The weight control program has not changed in 18 years, and the debate about the fairness of the standards continues," Jolissaint noted. "The Army Chief of Staff has asked us to look at several possible modifications that appear to be more fair for

female Soldiers and increase allowable body fat percentages for anyone who scores 270 or above, with a minimum of 90 points per event, on his or her Army Physical Fitness Test."

The specific changes that are being tested include:

- A modified height-for-weight screening table that increases the allowable standards for female Soldiers by six to 14 pounds.

"The weight control program has not changed in 18 years, and the debate about the fairness of the standards continues."

Col. James G. Jolissaint
TRADOC COMMAND SURGEON

- Replacement of the measurement factor tables (height, weight, neck, hip, etc.) with "percent fat estimation" tables for male and female Soldiers.

- An across-the-board increase in "maximum allowable percent" body fat standards.

- The addition of a 90-day "grace period" to lose weight prior to being flagged (suspension of all favorable actions to include promotion and attendance of career advancement courses). Under the current system, the flagging action is immediate.

- A change to the measurement sites for female Soldiers during a tape test. Wrist and forearm calculations have been replaced with measurements of the neck and the smallest circumference of the waist. Gluteal measurements remain the same.

See WEIGHT, Page 3

CYS Summer Camp Registration is scheduled for April 24 and 25 from 8 a.m. to 5:30 p.m. at the CAC. For more information, see Page 13.

"We often hide behind our own security blanket to feel safe and secure."

The search for an 'eternal garden'

Guilt is a powerful force that is at work in all of us. Adam and Eve became aware of this when they took that forbidden fruit and ate it in spite of God's direct command not to do so.

A feeling of shame awakened in them almost immediately. They had never experienced such emotions before. They realized all of a sudden that they were naked and they quickly made coverings for themselves with fig leaves.

When they heard the sound of God walking in the garden, they hid. Full of shame from guilt, they sought refuge away from God. Nonetheless, He sought them out and found them very quickly.

For their utter disobedience, they were to be evicted

Chaplain's Corner



Maj. John Lim
NERO Chaplain's Office

ed from the Garden of Eden and they would "eat by the sweat of their brow" from that point on.

However, before God banished them from the Garden, He made more permanent "garments of skin"

and clothed them. Although it is not specifically mentioned in the Bible, we can infer that a living animal had to be killed to make this gift for the guilty ones. Blood had to have been shed to provide for His children.

Thus, from the early days of Genesis, mankind has been struggling with guilt and shame.

We often hide behind our own security blankets to feel safe and secure. But somehow, we always feel inadequate and insecure about ourselves so we constantly work to make our coverings better.

Sometimes our guilt and shame actually pushes us to become quite successful. We occupy our thoughts with hard work and a busy lifestyle.

But, in the end, we still

do not have that perfect peace in our hearts.

Perhaps we can learn from the lesson of Adam and Eve. While God forbade them from returning to the Garden of Eden, he continued to watch over them. And, ever since, His plan to make it possible for mankind to enter into that second "eternal garden" where we would be at his side, had been put in motion.

This Easter Sunday, we celebrate the death and resurrection of Jesus Christ, the Son of God who shed His blood on Mount Calvary that we might be covered with the garment made from His body.

Unlike fig leaves that might only last a few days, or the animal garments made for Adam and Eve that probably wore out over

time, the covering that was sewn from the sacrifice of Jesus Christ is perfect and complete. It is meant to hide our shame and guilt permanently.

This is what we celebrate this Easter. Because of the death and resurrection of Jesus Christ, we are now able to enter into that eternal Garden of Eden.

Our shame and guilt have been washed away and we are now covered with that perfect garment. We realize that we didn't work for this garment and we didn't pay for this garment. It was simply given to us.

I hope this Easter will bring us closer to our Heavenly Father who loves us so much. He is ready to welcome us back to His Garden of Eden. It is a place where we will never be banished.

Post sunrise service features TRADOC Command Chaplain

Chaplain (Col.) Richard B. Garrison, Command Chaplain for TRADOC, will be the featured speaker at Fort Monroe's Easter sunrise community service starting at 6:30 a.m., Sunday at Continental Park.

The title of Garrison's sermon is "Hope From an Empty Tomb."

This event is free and open to the public.

The Easter Sunrise Festival Choir, accompanied by a brass quintet from The U.S. Army Training and Doctrine Command Band, will perform the anthem, "And the Son Arose," and Handel's "Hallelujah Chorus."

As the TRADOC Command Chaplain, Garrison is the Senior Pastor to the command and staff, home-based at Fort Monroe. He is responsible for implementing the TRADOC Commanding General's religious support plan across 16 TRADOC installations, providing policy guidance, technical assistance and mentoring to TRADOC unit ministry teams.

Garrison is ordained by the Conservative Baptist Association of America and has been an Army chaplain for almost 25 years. He has served at



Chaplain (Col.) Richard B. Garrison

various levels of the Chaplain Corps as a battalion, brigade and division chaplain, and in other staff and command positions.

His most recent assignments prior to Fort Monroe were: Command Chaplain, 19th Theater Support Command, Camp Henry, Korea; Training Management Officer, Office of the Army Chief of Chaplains, Washington, D.C.; and 7th Infantry Division Chaplain, Fort Carson, Colo.

Garrison served in Operation Desert Storm as Chaplain for the 197th Infantry Brigade.

The chaplain has a Master in Divinity from Denver Seminary, Denver, Colo., and in Strategic Studies from the Army's War College, Carlisle, Pa. He earned a Bachelor in Bible Theology from Moody Bible Institute, Chicago, Ill.

In case of severe weather, the service will be held at the post theater, Building 42, on Tidball Road.

For more information, call the Fort Monroe Religious Support Office at 788-2611.

Holy Week Schedule

Good Friday

Episcopal, 6 p.m., Chapel of the Centurion
Roman Catholic, 7 p.m., Solemn Reading of the Passion/Veneration of the Cross and Communion, St. Mary Star of the Sea

Holy Saturday

Roman Catholic, 7 p.m., Solemn Easter Vigil, St. Mary Star of the Sea

Easter Sunday

Sunrise Service, 6:30 a.m., Continental Park
Episcopal, 7:45 a.m., Chapel of the Centurion
Sunday School, 9:30 a.m., Chapel Center
Protestant, 11 a.m., Chapel of the Centurion
Roman Catholic, 8:30 and 10:30 a.m., St. Mary Star of the Sea

Saturday Easter Events

Easter egg hunt at 11 a.m. in front of the CAC (Limited to children ages 12 and under. Indoor festival follows the egg hunt.)
Easter Egg Splash, 1 p.m., CAC Indoor Pool
All events are free and open to the public

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Casemate

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Post worker earns top civilian award

BY E. DAVID VIDA
CASEMATE STAFF WRITER

A Fort Monroe employee has earned the Army’s highest honor for civil service workers.

Alice Ward, Director of Human Resources for TRADOC, received the Decoration of Exceptional Civilian Service during a March 29 ceremony at the Pentagon. Dr. Francis J. Harvey, Secretary of the Army, and Gen. Peter J. Schoomaker, Army Chief of Staff presented the award, which included a certificate, a lapel pin and a medal.

“It means a lot,” said Ward, who has served as a DA civilian for over 32 years — most of it at Fort Monroe. “If I didn’t have all these wonderful people working for me and telling me what I need to do, there wouldn’t be an award. It’s really a team effort. It’s a great honor.”

To be considered for the award, an employee must be nominated by their supervisor and referred to an Army board for a final selection process. Ward’s nomination was endorsed by Gen. William S. Wallace, Commanding General for TRADOC.

Ward said her department has accomplished a great deal as they’ve dealt with various forms of restructuring within the command.

A few things that Ward and her staff did to get recognized were: building human resource programs for TRADOC civilian employees, influ-



Alice Ward

encing the direction the Army was taking with Army-wide programs and participating in programs related to the National Security Personnel System, BRAC and civilian leadership development.

Hiring and training personnel in the civilian workforce is also one of the many things that

Ward and her staff do on a daily basis.

Ward began her civil service career in 1971. She started out working for the State Department in Washington D.C. She came to Fort Monroe in 1984 after being hired as a Human Resource Specialist for TRADOC.

In 1998 she made a move to Heidelberg, Germany. In 2002, she returned to Monroe and assumed her duties as the HR director.

During her time in Heidelberg, Ward said she put in long hours working as the U.S. Personnel Policy Director and as the Human Resource Director for Europe, and was sometimes on-call for 24-hour periods.

As Personnel Policy Director Ward was in charge of “hiring personnel and developing policies that affect civilians working in Europe.”

After three years in Germany, Ward was glad to come back to work at Fort Monroe.

“It was like coming back home,” Ward said. “This is a great job. Having the leadership support and the support from the other folks really makes it rewarding.”

Ward said she always maintains a professional work ethic and does her best to lead by example.

“She sets a very high standard,” said Ruth Sharp of the Civilian Personnel Directorate. “And she has an excellent overall knowledge of civilian human resources.”



Photo by Patricia Radcliffe

Flower Power

Fay Winston removes dead foliage to spruce up pansies in front of the Child Development Center on Wednesday. During Spring Cleanup Week – May 15 to 20 – folks working on Fort Monroe are encouraged to get out and plant, paint, prune or in other ways improve their surroundings.

WEIGHT Continued from Page 1

● An extra body fat percentage allowance of 2 percent for those who score 270 or above on the APFT, with a minimum of 90 points in each event – pushups, sit-ups and the two-mile run.

“I think these proposed revisions are a good start; the military science community has ever been completely satisfied with the screening weights and tape measurement tests for females,” Jolissaint said. “The current standards are based on average estimates that can be disadvantageous to some ethnic groups where the physical makeup of women just isn’t the same. The tremendous diversity of our Army demands a change.”

Rewarding top Army fitness test performers with a slightly higher weight allowance is also the “right thing to do,” Jolissaint added. It’s not about keeping fatter Soldiers in the service; it’s about positive reinforcement.

“We know the extra two percent is the right thing to do,” he said. “But the question we’ll answer during the evaluation is whether that decision will impact overall fitness and readiness. Something tells me up front, though, that this idea could actually result in a better fitness level across the board. This is going to motivate more Soldiers to score that 270 or above, and that in itself is going to improve the Army’s overall health.”

Participants in the AWCP evaluation – aside from Headquarters Company here – include the Accessions Support Brigade, another TRADOC affiliated entity, and four U.S. Army Medical Command units. The data collected during the April APFT cycle will be analyzed and compared later

to the data collected during the October 2006 cycle. A final analysis will be presented to Army leadership at the end of the year.

The experimental standards cannot be used to change the status of Soldiers enrolled in the AWCP prior to the April fitness test cycle. They can be tested under the new guidelines for data collection purposes, but the results will have no impact on flagging actions. If they meet the existing standards, however, the flag can be lifted as normal.

All other Soldiers in the participating units will be screened with the experimental guidelines only. If they exceed the weight limitations prescribed in the AR 600-9 “Evaluation Model,” they will be required to complete the body fat measurement test also outlined in the experimental regulation. Those who exceed the standards at that point will be given the 90-day grace period to lose the weight before a flagging action is initiated.

“All of the Soldiers I’ve screened (using the revised standards) thus far have done pretty well,” said Sgt. Jacob Borth, training NCO for HHC. “Those folks who usually weigh in right at that borderline of what’s authorized under the current AR 600-9 seem to be passing with flying colors with the evaluation model standards. I’ve also received positive feedback about the 90-day grace period.”

The revised tape test for females has also received the thumbs-up, Borth added. “I’ve only done two thus far, but they both met the standard without a problem. The new waist measurement will take some time to get used to, but I think it’s a step in the right direction.”

SAPR program reaches first anniversary

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Sexual Assault Prevention and Response training began at Fort Monroe almost a year ago in response to a DoD mandate.

Although no sexual assaults were reported at Monroe prior the SAPR program’s inauguration or since, SAPR coordinator Richey Cooper, the Sexual Assault Response Coordinator, believes the program “is much needed.”

“It is a readiness program because, if you have issues within your unit when you’re deployed or at home, it degrades the whole trust and morale of the company. It is also important financially because one of the things that spurred the whole program was service members reporting to the Veterans Administration with PTSD — posttraumatic stress syndrome — as the result of Desert Storm/Desert Shield. A lot of the trauma is associated with sexual assault,” she said.

Sexual assault is defined by DoD as “intentional sexual contact, characterized by use of force, physical threat or abuse of authority when the victim does not or cannot consent. Sexual assault includes rape, nonconsensual sodomy, indecent assault (unwanted, inappropriate sexual conduct or fondling) or attempts to commit these acts.”

Last year, 2,374 instances of sexual assault involving a service member victim or service member alleged offender were reported. Of the reporting methods used, 2,047 were unrestricted, 435 were restricted and 108 were changed to unrestricted, according to DoD statistics.

“Restricted reporting allows victims to confidentially receive medical treatment and support without automatically triggering a criminal investigation,” according to the Sexual Assault Prevention and Response Office documents. Restricted reporting is considered the most significant advance in SAPR reporting because it

helps reduce embarrassment or shame victims often experience after an assault. These emotions are frequent barriers to obtaining treatment, according to the documentation.

With restricted reporting, forensic evidence is collected and held in confidence by the Provost Marshal’s Office for up to one year after an incident. Names are not released and no investigation is carried out, unless the victim decides to request an unrestricted report after some time has passed.

“With restricted, no investigation is done. They still get the forensics and they still get the medical care and the advocacy. Restricted can

“It is a readiness program because, if you have issues within your unit when you’re deployed or at home, it degrades the whole trust and morale of the company.”

Richey Cooper

SEXUAL ASSAULT RESPONSE COORDINATOR

only be given to the victim if the case is reported through me, a victim advocate, the chaplaincy or a medical person. The senior mission commander is notified within 24 hours of the assault but no identifying information is disclosed,” Cooper said.

She said the reason the senior mission commander is passed the information, is that there are preventive measures that can be made with restricted reporting that are independent of the victim. For example, if the sexual assault occurred in an unlit parking lot on a military installation, attention can be given to that lot to ensure it is well lit and patrolled by MPs, if necessary.

“Those types of things can be corrected

because the report of the assault does go to the company commander without specifics of who, how, what or when. So there are some proactive things, even with restricted reporting, that can be done,” Cooper said.

She said it is important for people who have been sexually assaulted to get treatment. She mentioned that although there have been no reports of sexual assault here, she and other SAPR team members are involved in community programs that help them understand the complications that can result when a victim remains unaided.

“I’ve experienced meeting victims of sexual assault while working with the Center for Sexual Response at the Sentara Careplex - our rape crisis center - and speaking with family members of people who have been sexually assaulted. (I’ve discovered) the difference is as day is to night with people who get treatment and those who do not get treatment,” Cooper said.

“Without treatment ... I’ve heard stories of self-medication and acting out. It’s very systemic because children get involved in that and there’s a loss of family continuity. So, I’m learning that it’s a very burdensome thing to keep (a sexual assault) a secret,” she said.

So far, Soldiers from several Fort Monroe tenant organizations have received the one-hour SAPR training to become acquainted with reporting methods and available assistance. There are two victim advocates for the installation and one solely for the military police, Cooper said. Eva Granville, the installation victim advocate, is available around the clock to assist injured parties.

“We were always a part of family violence and child sexual abuse intervention,” Cooper said. “So this is a natural fit with family programs.

“We hope that the presence of this program at Fort Monroe will help prevent sexual assault,” Cooper said.

Post ‘remembrance’ program features Holocaust survivor

A survivor of the Nazi Holocaust who is now the Executive Director and President of the Virginia Holocaust Museum in Richmond will be the featured speaker at a special May 5 observance at the post theater.

Jay Ipson will tell the story of his family’s survival during World War II when Adolf Hitler led a campaign of systematic eradication of all non-Aryan people – primarily European Jews. Ipson’s talk will highlight Fort Monroe’s observance of the “National Day’s of Remembrance for Victims of the Holocaust.”

Free and open to the public, the one-hour “remembrance” program begins at 1:30 p.m. A continuous slide presentation will be presented starting at 1 p.m.

“I was six years old when my whole world came apart. No child should ever have to live through what I did,” Ipson said in a 2004 article about the Virginia Holocaust Museum.

Born in 1935 and raised in Kovno, Lithuania, Ipson first experienced Nazi abuse at age six when he and his parents were sent to the Kovno Ghetto in 1941. Two years later they escaped and sought refuge from their captors in the surrounding farmland.

A farmer allowed the family to build a hiding place on the outskirts of a potato

field. Called a potato hole, the chamber was 9-feet-by-12-feet-by-4-feet. The Ipsons lived there for six months until the Russians liberated them in 1944.

After the war, Ipson and his parents escaped from the Russians and moved to Germany and then to Richmond in 1947. They owned a gas station and later founded American Auto Parts. Ipson joined the Army Reserve in 1954 and served as an instructor attached to the 2079th Judge Advocate General Corps.

He married Elly Geffen of Montreal, Quebec, in 1959. Today, they have three children and four grandchildren.

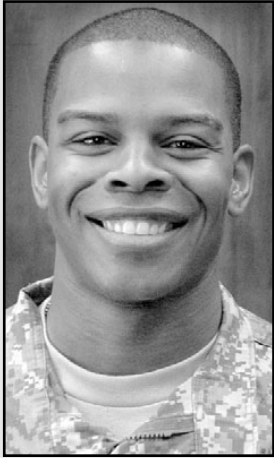
With two of his friends, Al Rosenbaum and Mark Fetter, Ipson founded the Virginia Holocaust Museum in 1997. An interactive museum, it is based in large part on Ipson’s own experiences. The museum has a single purpose: “Teaching Tolerance Through Education.”

Lt. Gen. Robert Van Antwerp, Commanding General for U.S. Army Accessions Command and Deputy Commanding General for Initial Military Training, TRADOC, is the host of the observance.

Tickets are not required for the event. A sign language interpreter will be on site. For more information, call 788-4936.

Monroe picks top Soldiers

NCO of the Month



Name: Sgt. Leslie Weaver
Job/Place of Duty: Executive Assistant to the TRADOC Command Sergeant Major
Hometown: Chicago, Ill.
Years in Service: 2.5
Time at Monroe: 1 year
What winning means to him: It gives me confidence or future boards. I try to succeed in everything. It’s not just for the boards that I try my best.

Soldier of the Month



Name: Spc. Karen St. Louis
Job/Place of Duty: Training Office in Headquarters and Headquarters Company
Hometown: New York, N.Y.
Years in Service: 6
Time at Monroe: Less than 1 year
What winning means to her: It’s a very good feeling because it shows that I worked hard to get what I accomplished. It also helped me to open up more.

Better Opportunities for Single Soldiers will hold a car wash fundraiser at Building 87 (MP station) on May 5 beginning at 1 p.m.

AER Campaign

As of Monday, \$20,145 had been donated to the Army Emergency Relief fund. This amount represents 67 percent of the \$30,000 goal. There is still plenty of time to donate as the campaign continues through May 15. Civilian employees are reminded that they too can give to AER. For more information, call 788-4132/3878.

Volunteers Needed

Volunteer face painters are needed for the children's festival tomorrow, immediately following the Easter Egg Hunt at 11 a.m. at the Community Activities Center. The children's festival will conclude at 1 p.m. If you have the time and talent needed, please contact Renee' Nixon at 788-2710 or just show up at the event.

Youth Services Lock-In

In celebration of the Month of the Military Child, Youth Services will host a lock-in for middle and high school youth on April 28 from 8 p.m. to 8 a.m. The cost of the lock-in will be \$5 for Child and Youth Services members and their guests. The night will be filled with bowling, swimming, basketball, movies, food and much more. For more information call Renee' Nixon at 788-2710.

Flea Market

Rain or shine, the Fort Monroe Flea Market will be held at Walker Airfield on May 6 from 9 a.m. to 3 p.m. Registration is required to rent a space. The cost is \$10 in advance or \$15 on May 6. There will also be yard sales throughout the post. For more information, call Outdoor Recreation at 788-2384.

Army Celebration

The 2006 Army Birthday Ball, celebrating the service's 231st birthday, will be held June 10 at the Hilton Washington Hotel,

Washington D.C. This promises to be an elegant evening of dining, dancing and entertainment. All Army Soldiers, family members, DA civilians, retirees and veterans are welcome. Formal attire is required. Visit Army Knowledge Online for additional information and online registration.

Clean Sweep Walk

The year's first Clean Sweep Walk will take place April 18. Participants start at the Fitness Center between 11:30 a.m. and 1 p.m. Trashbags are provided. The Clean Sweep Walk is part of the installation's Project Pride program. For more information, contact the Plans, Analysis and Integration Office at 788-3702.

Battle of Williamsburg

The Historical and Archaeological Society of Fort Monroe will meet at 11:30 a.m., May 1, at the Steak and Ale Restaurant, 2031 Coliseum Drive in Hampton. The guest speaker will be historian John Quarstein, who will discuss the Battle of Williamsburg (May 1862). This meeting is open to the public. For more information, contact David Johnson at 788-3935.

Scholarships available

The Fort Monroe Thrift Shop offers scholarships to spouses attending accredited schools and to kids entering their first year of college. Amounts of individual scholarships will vary and awards are based on need, merit and achievement. Applications, qualification information and due dates are available at the Thrift Shop on Tuesdays and Fridays from 10 a.m. to 2 a.m. The shop will be closed April 18 and 21.

PEN Clinic Changes

The Prime Eagle North (PEN) Clinic located at the Mary Immaculate Hospital is changing its operating hours to better serve its cus-

tomers. Effective immediately, the new hours are: 7:30 a.m. to 4:30 p.m., Monday through Friday. The First Fighter Wing hospital patient phone line is 225-7630. Extension numbers are as follows. ● PEN clinic – 512133 ● Appointments – 512131 ● Telephone consults and medicine refills – 512132.

NAACP Awards

The military services, National Guard Bureau, Coast Guard and Washington Headquarters Services may each submit one nominee (military or civilian) for receipt of the NAACP 2006 Roy Wilkins Renowned Service Award. NAACP officials will select winners and present the awards at the Annual Armed Services and Veterans Affairs Awards Dinner in Washington, DC on July 18. Award nominations are due to the Office of the Deputy Under Secretary of Defense (Equal Opportunity) not later than June 16. For more information, contact Jimmy Love at (703) 571-9321.

AAFES Help Wanted

The Army and Air Force Exchange Service is recruiting for entry-level and management posi-

tions worldwide in retail, information systems, finance and accounting, logistics, food service/restaurant management, and a few other career fields. Like other Department of Defense employers, AAFES offers employment preference to military family members. Once employed, the AAFES' reinstatement program helps these workers when they move from installation to installation by allowing eligible associates to compete with currently employed associates for available in-house jobs. Personnel may find out more about AAFES' Spouse Employment Preference program, along with a listing of current job openings, at <http://odin.aafes.com/employment/default.asp>. Outdoor Catalog The Exchange's 2006 Outdoor Living Catalog is now available with more than 150 new lawn and garden accessories designed to bring indoor comfort and style to the outdoors. The catalog is available at all main stores and online at aafes.com, usmc-mccs.org, navy-nex.com or cg-exchange.com. The prices in this all-service catalog are valid through Aug. 15.

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ACS Corner

‘1-2-3 Magic Workshop’

The Soldier and Family Support Center will host a special 1-2-3 Magic Workshop for parents on May 4 and 5 from 9 to 11 a.m.

The workshop will focus on the difficult task of child discipline. The time-tested program provides easy-to-follow steps for disciplining children ages 2-12 without yelling, arguing or spanking. Take this seminar and take charge of your home!

Each participant will also receive a copy of the book “1-2-3 Magic” by Dr. Thomas Phelan.

Limited free child care is available upon request. The workshop is for parents only. Pre-registration is required. For more information and to sign up, contact Janine Johnson at 788-2758 or via e-mail at janine.johnson@monroe.army.mil.

More 1-2-3 Magic!

Army Community Services is offering even more 1-2-3 Magic Workshop training! On May 31 and June 1, ACS will offer a continuation class at the Soldier and Family Support Center. The sessions will be conducted from 9 to 11:30 a.m.

In this class, you will learn how to encourage responsible independence, positive behavior, and a healthy self-concept in your child. The basic 1-2-3 Magic Program is a prerequisite for this workshop.

Limited free childcare is available. Call 788-2758/3878 to register or e-mail janine.johnson@monroe.army.mil

Single Parent Group

The next Single Parent Support Group will meet on May 9 from 11:30 a.m. to 12:30 p.m. at the Soldier & Family Support Center. Participants will learn about the various types of insurance coverage available and what types might suit you family best.

The support group is open to all military and civilians. Lunch is provided. Those interested in attending are asked to contact Staff Sgt. Tania Ponder at 788-5884 or Kathleen Miller at 788-3878. The support group will continue to meet on the second Tuesday of each month.

Newcomer’s Briefing

Fort Monroe Army Community Services will host its next Newcomer’s Orientation on May 11 from 8:30 to 11 a.m. at the Soldier and Family Support Center.

The orientations are conducted on the second Thursday of every month. The program includes a short overview of the services available on post and in the surrounding community.

Briefings are also given by the garrison commander, post CSM, the school liaison officer, Post Chaplain, and an EEO representative. A short tour of the installation and the Casemate Museum is also included. Spouses are welcome to attend.

For more information or to register for a session, contact Marie Hinton at 788-4344 or Kathleen Miller at 788-3878.

Boots n’ Booties Class

The next Boots and Booties Class for expectant and new parents is scheduled for May 3 from 9 a.m. to 3 p.m., at the Soldier and Family Support Center.

This program is designed to assist expectant parents in preparing for a baby’s arrival. New parents will also find this program helpful. Subjects to be addressed include infant growth and development, budgeting for a baby, car seat installation, childcare options, parenting skills, and available resources. Each participant will receive a free layette.

This program is open to active-duty service members, family members, DA civilians and retirees. To register, contact Kathleen Miller at 788-3878.

Kings Dominion Trip

Each year, the USO of Hampton Roads and Paramount's Kings Dominion offer a free day of fun for our Exceptional Family Members (EFM's) and their siblings/parents.

Due to the EFM's medical conditions, it is very difficult, if not impossible, for many of these chronically/terminally ill and wheelchair-bound

children to get a day of relaxation and recreation.

Again, this year the USO and Paramount’s Kings Dominion – with the support of the Joint Military Exceptional Family Member Committee – will make arrangements for free admission into the Park, medical staff support, handicap accessibility to rides, a group picnic, and a free family photo to remember the day.

Last year, more than 80 families participated. To qualify for this program the EFM must be a child under 18. The child must be wheelchair-bound, chronically ill, have a life threatening illness, or be terminally ill. This year the event will take place June 23rd.

If you would like more information, call Eva Granville at 788-3535/3878. Families need to register no later than June 2.

Spouse Appreciation Day

Fort Monroe’s Spouse Appreciation Day will take place at the Bay Breeze Community Center on May 25th from 8:30 a.m. to 2:30 p.m.

The event will feature several free activities for all military spouses living or working at Fort Monroe. This event is to thank them for all they do to support their service members and our great country.

There will be a variety of classes presented throughout the day. The include: gardening tips from a local nursery; antique collectibles appraisals; beginning jewelry design, gourmet cooking, and more.

Lunch will be provided by the Bay Breeze Community Center. Reservations must be made by May 19. For more information or to sign up, call Marie Hinton at 788-4344/3878. Limited child care is available at no cost on a first-come, first-served basis. If you require child care you can make reservations by calling 788-5960.

Spotlight Event

EEO Awards Ceremony

Maj. Gen. Abraham J. Turner, TRADOC Deputy Chief of Staff for Operations and Training, will be the guest speaker for the Fort Monroe EEO Awards Ceremony at the Bay Breeze Community Center on April 24 at 10 a.m. This event recognizes the community’s support of the EEO program.
For more information, call 788-2979.

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Monarch battalion reflects Reserve Officers' Training Corps lifestyle

STORY AND PHOTOS BY E. DAVID VIDA
CASEMATE STAFF WRITER

On a crisp, sunny November afternoon, the Cadets of Old Dominion University Army Reserve Officers' Training Corp assemble outside Foreman Field Stadium located west of the main campus in Norfolk.

Their assignment today seems daunting, but the Cadets are cool and poised in their rank and file. They face a towering 40-foot brick façade and the challenge of trusting their instructor and equipment enough to step off the edge of the building despite the dangerous reality of the cold, unforgiving asphalt parking lot below.

This day, many of them will rappel for the first time in their lives.

Sgt. 1st Class Larry Connolly of the Virginia National Guard's 183rd Infantry Rappel Masters stands before the group of eager Monarch Battalion Cadets. He will instruct them on the sophisticated art of leaping off towering structures using only a rope and a pair of leather gloves.

The training begins with the crucial task of preparation. Connolly scrutinizes the Cadets as they inspect their gear. His eyes are almost hidden behind the visor of his camouflaged hat; a neatly trimmed, regulation-sized mustache accents his authority.

The Cadets fasten their hip-rappel "seats" around their waist and between their legs. All adjustments must be precise to prevent injury. A slight moan of discomfort among the group is actually an indication that their seats are correctly tied.

"They should be uncomfortable," Connolly barked. With a tone of experience in his voice, he added: "That's right, keep moanin'; get it out of your system."

A few senior year Cadets are on hand to assist their less-seasoned counterparts. The rest of the Monarch Battalion cadre also mill about, watching the proceedings with keen interest.

Their presence accentuates the importance of



Junior-year Cadet Aerock Parinas listens to his NCO's instruction during a Military Science III class at ODU.

the training event. This goes way beyond a bunch of thrill seekers hobnobbing with an extreme sport. The less-experienced Cadets are being evaluated on their ability to take instruction and work as a team. How they face the challenge is as important as whether they complete a successful rappel. It is a lesson in discipline and personal courage.

"Because ROTC is looking for the college student who is a scholar, athlete and leader, these Cadets have already exhibited the traits necessary to successfully complete this type of training," said Lt. Col. James Chapman, G3 Training Operations Chief at U.S. Army Cadet Command headquarters, based at Fort Monroe.

"Army ROTC is the best leadership course in America because it teaches decision-making, management skills, leadership and discipline that will enhance their future success," Chapman added.

Back at the stadium, all hip-rappel seats have been properly tied, and the students begin moving inside for the next phase of instruction. They form two single-file lines in one of the entry corridors, and an NCO talks them through the correct hand and rope techniques for a proper rappel. They begin practice on an incline that's steep enough to give them the effect of rappelling while leaving room for safety in case someone makes a mistake.

Cadet Captain Tyler Espinoza watches the proceedings from the top of the bleachers inside the stadium. He can also look out over the entire campus from his vantage point. It's an impressive site when you're not struggling with the idea of stepping off the three-foot concrete ledge in defiance of gravity.

Now a senior-year student, Espinoza is just an observer of the day's exercise, but he's no stranger to what his fellow Cadets are going through. He completed his rappel training over the summer while attending the Leadership Development and Assessment Course (LDAC) at Fort Lewis, Wash.

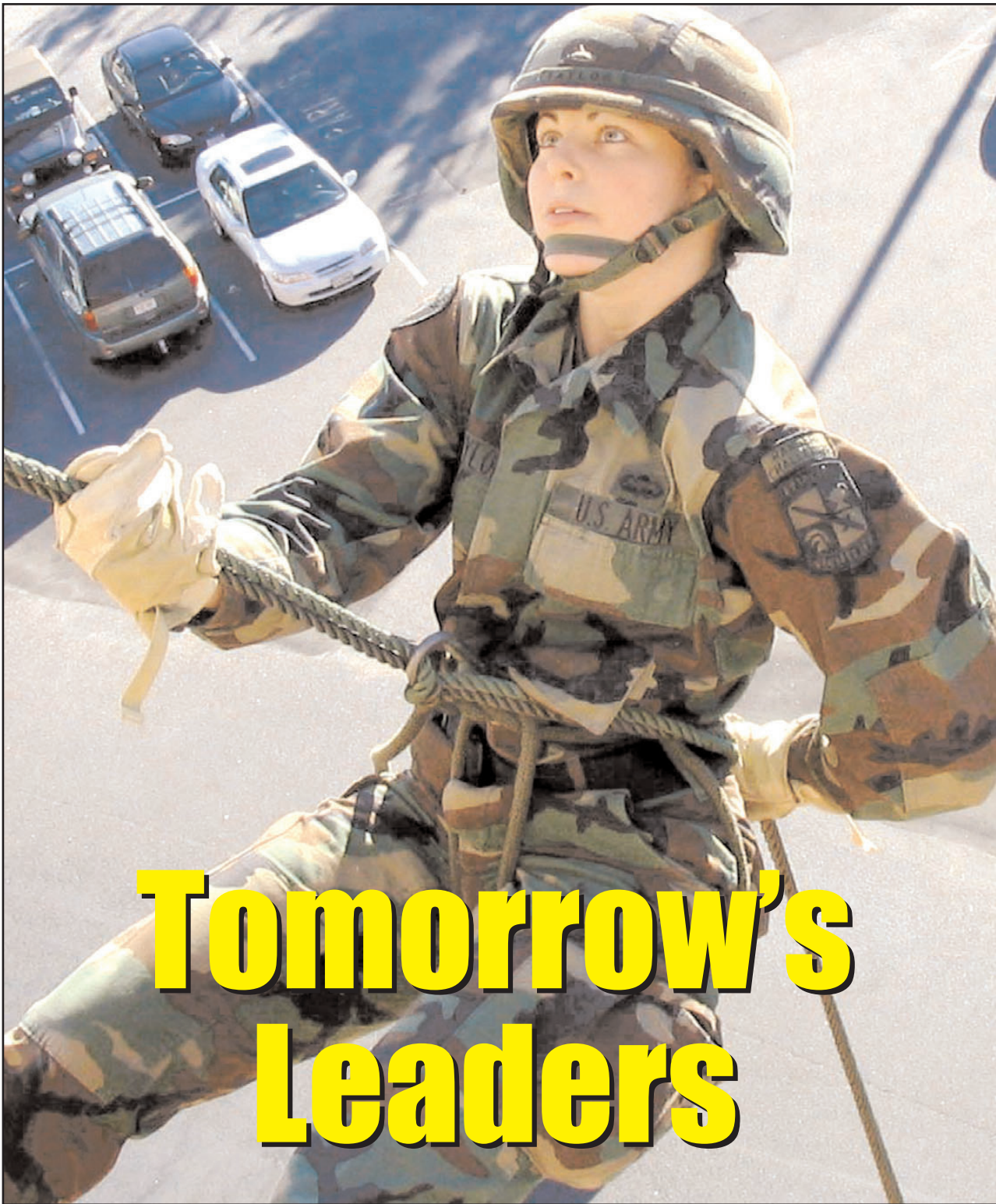
LDAC is a required five-week course for all upper-class Cadets. It incorporates all of the elements the students have learned up through their junior year. The young Cadets complete classes in rifle marksmanship, first aid, engineering, communications, land navigation, fire support, small unit tactics and patrolling. They also continue the leader development process, Espinoza explained.

"The primary focus at this camp is to assess each Cadet's officer potential," Chapman said. "It provides the only opportunity to gather all Cadets on one level playing field for the purpose of making this assessment as accurately and as professionally as possible."

"The Cadet's grades and LDAC scores are a big portion of the whole program," continued Master Sgt. Cordale Jackson, a Monarch Battalion instructor. "Once they pass LDAC, they have gotten through the biggest gate in ROTC."

Having accomplished that lofty goal, Espinoza now looks forward to his swearing-in ceremony, his branch officer basic course, and his first opportunity to serve in the "real Army." It may sound cliché, but the Cadet captain lists "serving and protecting his country" as one of the main reasons he joined the ROTC program. His decision was also influenced by his father who served as an Army officer.

"The Army's mission fits me better than the other branches," Espinoza said. "I would rather be on the ground with the troops than be stuck on a ship for my career ... The Army is also a very diverse branch. It covers everything from assault missions to peacekeeping to giving



Cadet 2nd Lt. Christie Taylor gets brief last-minute instructions from an NCO before making her rapid 40-foot descent down the side of Foreman Field Stadium in Norfolk.

humanitarian aid."

Over the past four years, Espinoza said he has encountered a diverse group of students who were lured into ROTC by the financial incentives, the need for discipline, and/or the stability of having a guaranteed job after college. "Every student's reason for joining is different," he said.

Cadets also tackle all of the same challenges as other college students, to include taking care of their own families, working a part-time job and participating in extra-curricular activities.

Cadet 2nd Lt. Christie Taylor is one such student. Now a senior at ODU, she shares similar reasons as Espinoza's for enrolling in the ROTC program.

"My family has a long tradition with the military," she said. "My father was in the Navy during Vietnam, my grandfather was in the Army Air Corps and my great grandfather served in the Army infantry. I think it would be great to continue that military tradition."

Taylor has confidence in what the program has taught her over the past four years, but she's wise enough to know that ROTC can't teach you everything.

"It gives you the basics (of being a good leader)," she said. "It shows you how to lead your troops in the field and how to take care of (their

"As a senior Cadet officer in ROTC, I try to get the young Cadets to dedicate themselves to Army values ... to being an officer and to be excited about it in an environment that's not always supportive of the Army," Lacks said. "It's a hard thing to do when you're competing with fraternities (and other aspects of college life)."

"Army ROTC seeks students who have had prior military enlisted service, knowing how valuable this experience is for junior officers," said Col. Michael J. Hoff, Director of the Office of the Deputy Chief of Staff, G2, at USACC.

"Also, there is an ROTC program called 'Green to Gold' that specifically targets talented young enlisted Soldiers who are interested in earning a college degree and a commission as an Army officer.

"The Green to Gold Scholarship Option program targets those Soldiers who have decided to leave, or are considering leaving, active duty to earn a college degree and a commission," Hoff said. "There is also a Green to Gold Active Duty Option that allows enlisted Soldiers to remain on active duty while they earn a college degree and a commission as a second lieutenant."

The practice session is now over back at Foreman Stadium, and the cadets have moved to the area atop the bleachers.

The first "volunteers" are making their way down the wall. It takes them only a few minutes to complete the actual descent. Cheers of support echo below. Every Cadet makes it down safely and the nurse, standing quietly on the sidelines, is clearly happy that she wasn't needed this day.

With another training event behind them, the Cadets resume their normal schedule in the classroom. The routine carries them slowly toward the holiday break, but there's no time for daydreaming about cheerful homecomings or visits with childhood friends.

Life in the classroom can be every bit as demanding as a rappel wall, as demonstrated one day during a Military Science III session for junior year Cadets.

The students wait patiently for their instructor Sgt. 1st Class Dennis Nash. Most of them are quietly going over their class notes. Some talk quietly among themselves.

All of the Cadets are in uniform, and, for a moment, the classroom takes on the feel of a working military facility where the students are Soldiers and the instructors, also in uniform, are the commanding officers. A war is waged, but the objective here is not to fight ... in this world, good grades are the most coveted prize, and the only "fatality" is having to repeat a class.

Today the students will go over the procedures on how to give operation orders. The students will be given information that they will have to reiterate to the other students, while each plays a specific role in the chain of command.

First, before class officially begins, Nash enters the room and immediately starts calling out last names. Students get out of their seats and find space on the floor to do 25 push-ups. This is all done without hesitation and nobody dares question why.

Two-thirds of the class is now on the floor, with each student counting off their own set of

25 in quiet, labored breaths. No one really complains about the task. It seems to be an accepted practice here.

Nash stands at the front of the room. Behind him on the wall, above his head, is a black banner with gold letters that reads: "Proud to Lead, Proud to Serve." On the left side of this phrase is the U.S. Army logo and on the right is the ODU Monarch. Nash watches the students finish their push-ups and waits for them to take their seats before he begins the class.

It's mid-afternoon and nobody knows how many push-ups have been done in this classroom. Judging by the sour smell of sweat, it would be safe to say that there have been many.

The ROTC program seems to be a combination of bookish academia — with heavy concentrations of theory and future concepts — and physical grit, with its focus on building strength and overcoming challenges. The instructors in the program see to it that the students get a balanced combination of both.

Nash divides the class into teams. The students are given their operation orders, and Nash gives them some time to write up their exercise.

After about 20 minutes, all of the Cadets have finished their plan and Brent Johnson, a junior Cadet who grew up at Fort Monroe, is the first to present his thoughts.

The class gathers round a table that displays a textured topographic map of some fictitious locale. Johnson tells the Cadets what his plans

are, and he gives orders as to what he wants the chain of command to do. After a few minutes of discussion, Nash raises his hand and points to Johnson at the other end of the table.

"Bang! You're dead!" he exclaimed. "Who's the next in command?"

Quickly, the cadet next to Johnson takes over.

After a few minutes Nash hypothetically kills off another Cadet, and the next in charge takes command. This goes on a few more times, and it clearly proves Nash's teaching point the casualties hap-

pen on the battlefield. He wants his Cadets to be prepared for whatever may lie ahead. They must be quick, efficient and always prepared.

"Not only is the training important to prepare future officer leaders to meet the high operational tempo of today's Army, but we owe it to them and the Soldiers they will lead to ensure they have the best preparation possible to become Warrior Leaders," Chapman said.

"The reality-based training we now offer in ROTC is standardized and produces officers of excellent quality — something that has not always been present in the program since it officially began in 1916. The current program produces more junior officers than any other commissioning source.

"Army ROTC is now organized under USACC, which was established in 1986," Chapman continued. "Cadet Command transformed ROTC from a decentralized organization turning out a heterogeneous group of junior officers into a centralized command that produces lieutenants of uniform high quality and who exemplify the Warrior Ethos."

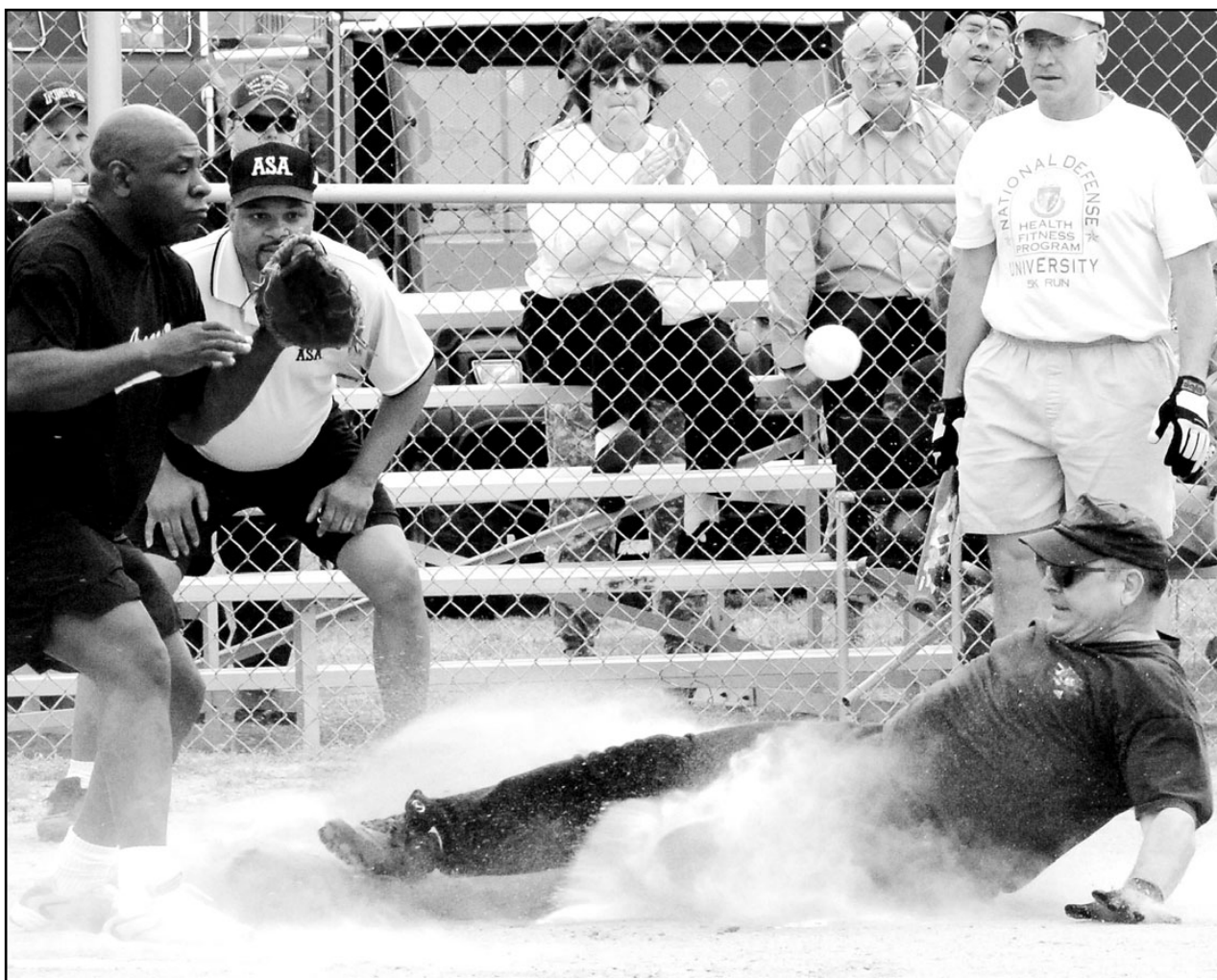
(Editor's Note: On April 28, USACC will commemorate the 20th anniversary of its founding with a ceremony at Continental Park, starting at 10 a.m. The event is free and open to the public.)

Sports & Health

**Got any sports results?
Need to advertise an upcoming event?**
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.



Photo above: Sgt. Maj. Karen DiIullo of the Fort Monroe Stripes zeroes in on a pitch during an April 7 softball game against the post Stars — a team comprised of colonels and general officers. **Photo right:** Col. John Wiseman beats the throw to home plate and scores for the Stars in the 4th inning.



Monroe Stars stomp Stripes, 33-10

**STORY AND PHOTOS
BY PATRICK BUFFETT**
CASEMATE STAFF WRITER

If you want to give your deputy commanding general a good send-off, let him win.

The senior noncommissioned officers of the Fort Monroe Stripes team ask everyone who's about to read this story to keep that in mind ... please ... for pride's sake.

You see; their April 7 game against the Stars — a team comprised of general officers and colonels, both current and retired —

didn't go so well. The game was dedicated to Lt. Gen. Anthony R. Jones, Chief of Staff and DCG for TRADOC, who is retiring in the coming month.

Starting with a 10-run rally in the second inning, the officers showed no mercy on the floundering Stripes team. They circulated through their entire batting lineup twice in the fourth and scored 16 runs. The final score was 33-10.

"If this were football, it wouldn't be so bad," jibed Stripes coach Sgt. 1st Class Larry Sisemore at the top

of the fifth. They were down 31-8 ... three touchdowns would put them right back in the running.

No such luck, fellas. In baseball, it's one run at a time, and the officer's clearly had that market cornered.

By that point in the game, there wasn't a single officer on the Stars bench who hadn't crossed home plate. The slug-fest was led by several power hitters like Jones, who had three RBIs to his credit before a bicep injury sent him to the bench in the 4th.

Col. Donald Curry was also a member of the three RBI club. Col. John Wiseman brought a few fans to their feet with his dramatic 4th-inning slide into home for a score; his third in the game. Col. Jason T. Evans swatted a huge triple at the bottom of the 2nd, which earned him two of his three RBIs of the day.

Other heavy hitters included colonels Timothy Keppler, Anthony Crutchfield, Dwight Watkins and Kevin Swedo.

"We were able to work in three good practice sessions prior to the actual game, so our players were ready for whatever the Stripes could possibly dish out," said Stars coach, retired Col. Darryl Robinson. "I pitched during practice two days before the game, and that's not my usual forte. So I told the guys that the Stripes' pitches would look like fresh meat compared to mine. Sure

enough, the team responded well with some solid hitting and they put up a huge score."

The Stripes team had its own set of effective hitters, as well, although they were far fewer in number. Command Sgt. Maj. Major Washington was credited with two RBIs, to include his solid double during the opening inning, which brought in Sgt. Maj. Mangelious Jackson. The latter player also finished the game with two RBIs in the scorebook.

Sgt. Maj. Dana Carrier sent the Stars outfield back to the fence in the bottom of the 3rd, earning him a triple and one of two RBIs. Retired Sgt. Maj. Rod Berry also rounded the bases twice and contributed one of the few shining moments defensively when he snagged a line drive with a stellar leaping catch in the 4th inning that helped slow down the Stars' run-away train.

"Unfortunately, early pitching problems and some good hitting the by the G.O. squad made it a real long day for our Stripes team," Sisemore commented after the game. "The Stripes team never gave up, though, despite being out-manned and outgunned. They played hard to the very last out."

As a result of the win, the Stars vs. Stripes series now stands at 6-3. The teams will meet again during the annual TRADOC Organization Day celebration in late June.

MWR requests playground input

During the Army Family Action Planning Conference in January, a recommendation was made to install a new multi-age playground near the Community Activities Center. In order to determine the correct course of action for this recommendation, additional community input is needed. Please take a few moments to complete the following survey and fax it to Beth Sigler at 788-3786.

1. Do you live on post?
Yes No

2. Do you support the decision to construct a new multi-age playground near the CAC?
Yes No

3. If no, please explain:

4. If a playground is constructed, it should be suitable for which age group?

____ 2-5 year olds
____ 6-12 year olds

(Note: Playground manufacturers construct play structures primarily for these age groups.)

5. Do you have children currently involved in the post CYS program?
Yes No

Thank you for taking the time to complete this survey!

Sports

Roundup

Area runs, walks

Ultra run and relay - The entry deadline is tomorrow for the 24-hour ultra race to be held at Sandy Bottom Nature Park, Hampton, on April 22 and 23. Plaques go to all runners who complete 50, 75 or 100 miles. If runners complete another race the same day, those miles will be added into their total at Sandy Bottom. Runners will be on a 3.75-mile, all-dirt trail. Call 874-4635 for more information.

5K by the Bay - Walk, run or wheel in this race that starts at Peterson Yacht Basin on Walnut Street and ends at the Riverside Rehabilitation Institute in Newport News on May 6 at 9 a.m. Register online at www.riversideonline.com or call 928-8145/8124 for more information.

Buckroe Beach Dash or Splash 8K - Races will be held on May 13. The foot race starts at 8 a.m. on a flat and fast course. A canoe/kayak race will begin at 9:15 a.m. Proceeds benefit the Wounded Warrior Disabled Sports Project. Pre-register before April 30 at www.active.com or call 851-3372 to obtain more information.

Down by the River 1-mile Fun Run/Walk - This free, family event will be held on May 13. Registration begins at 11 a.m. Call 259-8745 for more information.

Red, White and Blue 5K - Rain or shine, the Salute to the Military, Red, White and Blue 5K

will take place at the Cheatham Annex, Naval Weapons Station, Yorktown on May 20 - Armed Forces Day.

Military and civilian runners of all ages are invited to join in the run and fun. For course information call 874-8040/7829. To download a race entry form, go to www.monroemwr.com/raceform.pdf.

Golf Tournaments

Farewell Golf Tournament – Honoring the retirement of Lt. Gen. Anthony R. Jones, a golf tournament will be held at the Pines Golf Course at Fort Eustis on May 1. It is a four-person, captain’s choice format. Cost is \$45 per player, which is due by April 21.

Contact Staff Sgt. Ray Law at 788-3126 or Raymond.law@us.army.mil to register.

Memorial Day Cadet Command Golf Tournament – This event will take place at the Pines Golf Course, Fort Eustis, on May 25 beginning at 10:15 a.m. The format is four-person, captain’s choice. The \$40 per person cost covers the greens fee, cart, dinner and awards ceremony. Mulligans are available at two for \$5. Contact Cpt. Antwan Brown at 788-4175 or Antwan.Brown@usacc.army.mil to register.

Farewell tournament for Col. Jane Maliszewski – Teams are now forming for the May

25 tournament at the Hampton Golf Course on Settler’s Landing Road. The shotgun start is scheduled for 2:30 p.m. The format is four-person, captain’s choice, nine-holes. The cost is \$25 per player. It includes greens fees and a cart.

Contact Sam Tanguy at 788-4951 or robert.s.tanguy@us.army.mil to register. The entry fee is due not later than May 5.

Motorcycle weekend

The 9th Annual Virginia Beach Bike Classic is scheduled for May 5 to 7 at Camp Pendleton on General Booth Boulevard. Proceeds from the event benefit the USO of Hampton Roads.

Bike builders, including Russ Marlow, Paul Cox and Indian Larry Legacy will display their products. There will also be concerts featuring Molly Hatchet, 38 Special, the Charlie Daniels Band and Jamie O’Neil. Visit www.vabeachbikeclassic.com for a complete listing of events.

Pool Passes

The Fort Monroe pools are now selling monthly, seasonal and annual pool passes to all DoD ID card holders, to include retirees, government civilians. non-DoD employees working on the installation and family members in the community. All others must purchase daily passes or punch cards. Call 788-3301.

NEWS CLIPS

Continued from Page 6

NMFA Awards

The National Military Family Association is accepting applications for the Very Important Patriot award. The program recognizes exceptional volunteers worldwide whose outstanding service contributes to improving the quality of life in their military and civilian communities.

Each year, NMFA presents five VIP Awards, five Awards of Honor and five Awards of Merit. Each of the VIP recipients receives \$1,000 and a trip for two to Washington, D.C. to receive the award. Recipients of the Award of Honor receive a check for \$500. The Award of Merit winners receive a check for \$250.

Any active duty, National Guard and Reserve, or retired service member of the Army, Navy, Air Force, Marine Corps, Coast Guard, the Commissioned Corps of the Public Health Service and the National Oceanic and Atmospheric Administration, their family members and survivors are eligible for nomination.

Nominations will only be

accepted online through May 19.

For more information, visit www.nmfa.org/vip.

Community Cleanup

Residents, neighborhood associations, civic groups, schools, businesses and government agencies are invited to accomplish a neighborhood cleanup or beautification project during the Great American Neighborhood Cleanup May 5 through 7.

The Hampton Parks and Recreation Department is providing funding for beautification projects, with 20 grants of \$100 each.

To receive funding for a project, fill out a Beautification Grant Application and send it to the Hampton Clean City Commission: 22 Lincoln Street, Hampton 23669, or e-mail hccc@hampton.gov. The application deadline is April 21.

For more information about the Great American Neighborhood Cleanup, contact the Hampton Clean City Commission at 727-6394.

VA seeks volunteers for Golden Age games

The 20th National Veterans Golden Age Games (NVGAG) will take place in Hampton May 6-13 allowing veterans from across America to compete in athletic competition -- with volunteer assistance.

Approximately 500 veterans, age 55 or older, who are currently receiving inpatient or outpatient care at a VA medical facility plus their coaches, guests and families will be coming. Sponsored by the Department of Veterans Affairs, the competition, which includes contests at Fort Monroe, allows veterans to compete in numerous athletic events for improving their quality of life in their golden years.

To ensure the success of the Games, volunteers are requested to assist in staffing various athletic events to include swimming, bicycling, golf, horseshoes, bowling, croquet, shuffleboard, table tennis, and field events of discus, shot put and air rifle. Volunteering also emphasizes the nation’s commitment to the health and welfare of America’s veterans in “giving back to those who gave to us.”

Visit www.veteransgoldenagegames.org for information, a schedule of events and locations, and a Volunteer Registration form. Fill it out and mail or fax to the Hampton VA Medical Center, NVGAG Volunteers – 135, 100 Emancipation Drive, Hampton, Va. 23667. NVGAG Volunteer Hotline (757) 728-7151; Volunteer Hotline FAX #757-728-7182. There will be volunteer orientation and event training (scoring, rules) in the weeks prior to the Games.

Public Service Recognition Event

The TRADOC Commanding General has proclaimed the week of May 1-7 as Public Service Recognition Week. The CG will honor public servants at a special observance, May 2 at the Community Activities Center, starting at 2 p.m.. Everyone at Fort Monroe is encouraged to participate. For more information, call 788-5243.

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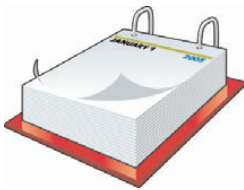
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MoatNotes

UPCOMING SPOTLIGHT EVENTS

Fridays at the Fort Today! 5 p.m.	Sunday Brunch April 16
Easter Egg Hunt April 15	Clean Sweep Walk April 18
Sunrise Service April 16	Post Run April 25

For more on these and other upcoming events, see listings below or other stories and briefs in this issue.



April 14

Fridays at the Fort

Community family and friends are invited to Fridays at the Fort at the The Bay Breeze Community Center beginning at 5 p.m. The weekly event features D.J. music and karaoke by L. F. Edwards and a wide assortment of food and beverages. Fridays at the Fort is free and open to the public. For more information, call 788-2406.

April 15

Egg Hunt

Lee Hall Mansion, Newport News, will conduct its 3rd annual Great Easter Egg Hunt and Easter Bunny Visit on April 15 from 10 to 11 a.m. The grounds of the historic mansion will be loaded with tasty treats. The Easter Bunny will be available for photos with the kids starting at 10:30 a.m. The cost is \$5 per child. Reservations are recommended. For more information, call 888-3371.

Children’s Festival

The International Children’s Festival returns to the picturesque downtown Hampton waterfront tomorrow from 10 a.m. to 5 p.m.

More than 20 countries are represented during this annual Mill Point Park event. Activities include: a costumed “Parade of Nations,” featuring colorful costumes and banners; the Far East Dragon Head Dance; strolling musicians; and famous storybook characters like Winnie the Pooh and Madeline. Guests can also experience Turkish, German, Greek, Japanese and other cuisines at the international food court.

For a small fee, children can participate in the “Passport to Adventure” program. As they visit each booth representing a specific country, they will receive a visa stamp that confirms their interaction with that culture. Anyone who makes it to all countries represented, as indicated by their visa stamps, will be entered into a special prize drawing for Busch Gardens (Williamsburg) tickets.

Admission to the festival is free. For more information, call 727-8311.

History Tour

A rare, up-close look at one of the bloodiest conflicts of the Civil War - the Battle of Fredericksburg - is being offered by Lee Hall Mansion, Newport News tomorrow from 8 a.m. to 5 p.m.

Noted historian, Michael Moore,

will escort a van tour to various sites like the Stone Wall, Marye’s Heights, Lee Hill, Hamilton’s Crossing and Old Town Fredericksburg. Along the way, he will discuss on the famous battle that cost more than 18,000 lives.

The cost is \$50 per person. Reservations are required. Guests are asked to bring a bag lunch and wear comfortable walking shoes. For more information, call 888-3371.

EGGciting Event

The Easter Bunny confirmed recently that he will make a special appearance at the Saturday Easter EGGstravaganza event at the Virginia Beach oceanfront. The Beach-street Seaside Palladium, at the corner of 24th Street and Atlantic Avenue, will EGGsplode with fun from noon to 4 p.m.

This EGGciting time will also feature face painting, pony rides, carnival games, costumed characters and puppet shows. Every child who visits the Easter Bunny will receive a plastic egg with a valuable prize slip inside.

Admission to the EGGstravaganza is free. There is a small fee for pony rides. For more information, visit www.beacheventsfun.com.

April 17

Trombone Quartet

The Cirrus Trombone Quartet of the U.S. Air Force Heritage of America Band at Langley Air Force Base will perform timeless classics and popular tunes on Monday at the Williamsburg Library Theater. Their repertoire includes music by Haydn, Bach and Mozart.

The show begins at 7:30 p.m. Tickets will be available at the Williamsburg Library’s Program Services desk. There is a limit of four tickets per person. Call 259-4071 for more information.

April 18

Campus Rally

Rape and sexual assault are two of the most common violent crimes on college campuses across the United States. Christopher Newport University will be hosting a Take Back the Night Rally on Tuesday.

The program will feature musical performances by Newport Pearls, a raffle, T-shirt giveaways and refreshments.

The rally will commence on the Great Lawn on the CNU campus at 6:30 p.m. Call Kelly Franzone at 594-7047 for more information.

April 21

Choral Ensemble

Enjoy an evening of music at the Thomas Nelson Community College Choral Ensemble on Friday. The show will begin at 7:30 p.m. The brass quartet from the Armed Forces School of Music will join them in playing a few numbers. The show will be held in the Dr. Mary T. Christian Auditorium on the TNCC campus. Call 825-2779 for more information.

Folk Music Impresario

Come join folk musician Tom Paxton for an evening of music and social awareness at the Williamsburg Library Theater on Friday.

Paxton will perform modern standards like: “Bottle of Wine,” “Ramblin’ Boy” and “The Last Thing On My Mind.”

The show starts at 7:30 p.m. Tickets for the show are \$18 for adults, \$14 for students with I.D. and \$9 for kids under 16. Call 259-4071 for more information. Spring Crafts Festival

Kick start the spring season with new ideas for crafts and other projects to decorate the home at the second annual Hampton Spring Crafts Festival from April 21 to 23. Learn new techniques from over 150 artists and craftspeople from more than 20 states.

The Hampton Spring Crafts Festival will be held at the Hampton Roads Convention Center. Admission is \$6 for adults and parking is free. Call 417-7771 for more information.

April 23

Concert

Jay Unger and Molly Mason, two Grammy-winning musicians, will perform at the Williamsburg Library Theater on April 23 at 7:30 p.m.

The two won recognition for their song “Ashokan Farewell,” which was featured in the Ken Burns documentary “The Civil War.”

The concert is \$20 for adults, \$14 for students with I.D. and \$10 for kids 16 and under. Call 259-4071 for more information.

Photography Exhibit

Kaleidoscope: Works by Stacy Whiting will be displayed at the Newsome House Museum and Cultural Center on April 23 from 2 to 4 p.m.

A graduate of the Art Institute of Pittsburg, Whiting became inspired by the symmetry, blass, color and light of kaleidoscopes at an early age. This is revealed in this exhibit

series. Call 247-2360 for more information.

April 25

Wrestling at CNU

Bone crunching body slams and atomic back breakers will rock the campus of Christopher Newport University on April 25 at 7:30 p.m.

Wrestling stars Spike Dudley, The Barbarian and Tracy Smothers will be at the Freeman Center signing autographs starting 6:30. This will be the first of seven matches held on the campus.

Tickets are on sale now. Ringside seats are \$15 and general admission is \$10. Call 599-5170 for more information.

Moscow Circus

With 200 years of tradition, the Moscow Circus will be pitching their tents at the Constant Center on April 25 in Norfolk. Shows start at 4:30 and 7:30 p.m. Tickets are \$23 for adults and \$9 for children 12 and under. Call 683-524 for more information.

April 29

Hip-Hop Concert

Fort Story will be bustin’ a groove on April 29 when they welcome Juelz Santana, Lil’ Romeo, Nick Cannon and Tre for a hip-hop extravaganza.

There will be a tailgate party hosted by the Buddah Brothas starting at 11 a.m. The Concert begins at 2 p.m. General admission tickets are \$18 and \$27.50 for preferred seating. Call 878-4430 for more details.

AT THE MOVIES

Showing at the Fort Eustis and Langley Theaters

Friday, April 14

7 p.m. - 16 Blocks (PG-13/Eustis)
7 p.m. - Running Scared (R/Langley)

Saturday, April 15

2 p.m. - Running Scared (R/Eustis)
2 p.m. - Madeas Family Reunion (PG-13/Langley)
7 p.m. - Madeas Family Reunion (PG-13/Eustis)
7 p.m. - 16 Blocks (PG-13/Langley)

Friday, April 21

7 p.m. - Failure to Launch (PG-13/Eustis)
7 p.m. - Ultraviolet (PG-13/Langley)

Saturday, April 22

2 p.m. - V For Vendetta (R/Eustis)
2 p.m. - Aquamarine (PG/Langley)

Adults \$3, children 6-12 years old \$1.75 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.75. For more information, call 766-1237.

Month of the Military Child

Post youngsters win awards, display talents and just have fun during April, the month that recognizes the unique life of children with Soldier parents.



Photo left: Daniel Bjorklund replaces his four-year-old daughter, Triniti's, crown during the annual parade marking the Month of the Military Child in front of the Child Development Center on April 3. **Above:** Dixieland Band members play songs like, "When You're Smiling" and "Georgia Brown" during the CDC parade. Members (l-r) are drummer Spc. Shane Mills, trombonist Staff Sgt. Paul Menz, soprano saxophone player Spc. Ryan Knight and trumpeter Sgt. 1st Class Keith Felkner. Banjo player Staff Sgt. Bob Dietz is not pictured.

Photos by Patricia Radcliffe



Photo above: Five-year-olds Keagan DeLong and Lacie Patigayon pose and spin during a fashion show held at the Child Development Center on Wednesday.



Left-right: Taj Mare' Ponder (9), Michelle Evans (11), Imari Ramirez (10) and Peacelynn Harris (11) won awards at a 4-H District Competition called Share the Fun in Richmond on April 1. Ramirez and Harris won 1st place for dance, Ponder took 2nd place for fashion review and Evans won a 3rd place ribbon for fashion review.



Left-right: Alvin Jones (11), Jordan Baker (10) and Aaron Jones (11) sport medals they won during basketball playoffs held in Richmond on April 2. Their team won a bid to play in the AAU National Championship tournament to be held in Cocoa Beach, Fla. in July.

Registration opens for Camp Summerfun, Camp X-treme

Registration for Summer Camp will be held April 24 and 25 at the Community Activities Center from 8 a.m. to 5:30 p.m.

Camp Summerfun – for kids who have completed 1st through 5th grades; and Camp X-treme – for those who completed 6th through 8th grades – are open to children of active duty military, DoD and Coast Guard civilian employees, DoD contract employees, Reservists or National Guard personnel on active duty and AAFES employees. Spaces will be filled on a first-come, first-served basis.

Summer camp begins June 19 and ends Sept. 1 and operates from 7 a.m. to 5:30 p.m., Monday through Friday, with the exception of the July 4 holiday when a half-day program will be available for Camp X-treme only.

Immunization records; current physicals; leave and earning statements for both parents; sponsor, spouse and child's social security number; and two local emergency release contacts are among the information required at the time of registration. The cost for camp is based on total family income.

Camp activities include sports, arts and crafts, cooking, computer, labs, music and dance and special events. Swimming lessons and field trips are also available for additional fees.

Call Donna Marchigiani at 788-3595 (Camp Summerfun) or Beth Sigler (Camp X-treme) at 788-2427 for more information.